THE RECOVERY KERNEL

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[Recovery Kernel]
[Naloxone]
[COMT]
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			[illegible] COMT ([illegible]) [illegible] - [illegible]
ALDH2	[illegible] 2 - [illegible].	rs671 (*1/*1, *1/*2, *2/*2)	[illegible] *2/*2 [illegible], [illegible], [illegible]-[illegible]
ADH1B	Alcohol dehydrogenase - [illegible]	rs1229984 ([illegible])	[illegible] ADH1B (His48 [illegible]) [illegible]—[illegible], [illegible] ADH1B [illegible]—[illegible] (AUD) [illegible]
MTHFR	[illegible] - [illegible]	C677T (rs1801133), A1298C (rs1801131)	[illegible] MTHFR [illegible], [illegible] - [illegible] 5-MTHF [illegible].
DRD2 / ANKK1	[illegible]2 [illegible]	Taq1A (rs1800497)	A1 [illegible] ([illegible] D2 [illegible]) [illegible] - [illegible]

			[illegible], sobriety [illegible]
SLC6A4 / 5-HTTLPR	[illegible]	[illegible]/[illegible]	[illegible]/[illegible] (AUD) [illegible] - [illegible] 5-HTP, 5-MTHF [illegible] SSRIs ([illegible]) [illegible], [illegible] - [illegible].
CYP2E1	[illegible]tochrome P450 2E1 - [illegible]	[illegible] (rs2031920, rs3813867).	[illegible] CYP2E1 [illegible], [illegible] [illegible]-[illegible] (NAC) [illegible] ([illegible], [illegible]-[illegible]) [illegible]
CYP2C19 / CYP2D6	[illegible]	[illegible]	[illegible] (CYP3A4), [illegible] ([illegible] CYP [illegible] - [illegible]), [illegible], [illegible]-[illegible]; [illegible]-[illegible] [illegible].

[illegible]

[illegible]:

- [illegible]—[illegible], [illegible], [illegible]? [illegible] "Sage COMT (Met/Met)" [illegible] "GABRA2" [illegible].
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PROTOCOL 17: SLEEP ARCHITECTURE

*   **Importance:** Sleep is crucial for physical and mental restoration. Disrupted sleep can exacerbate withdrawal symptoms and hinder recovery.

*   **Alcohol-Specific Considerations:**

    *   Avoid all alcohol, including cooking alcohol and mouthwash containing alcohol. Even trace amounts can activate the reward circuit and disrupt sleep architecture in early recovery.
    *   Vivid dreams during early recovery are often REM rebound – a normal healing process, not symptoms to be suppressed.

*   **Sleep Hygiene:**

    *   Maintain a regular sleep schedule: Go to bed and wake up at the same time each day, even on weekends.
    *   Create a relaxing bedtime routine: This could include taking a warm bath, reading a book, or listening to calming music.
    *   Optimize your sleep environment: Ensure your bedroom is dark, quiet, and cool.
    *   Avoid caffeine and nicotine before bed.
    *   Limit screen time (phones, tablets, computers) in the hour before bedtime.

*   **Addressing Sleep Disturbances:**

    *   If you experience persistent insomnia or other sleep disturbances, consult with a healthcare professional. Medical help is not failure.
    *   Do not run this module without consulting a doctor.
    *   Consider relaxation techniques such as deep breathing exercises or meditation.
    *   Ensure adequate hydration throughout the day, but avoid drinking large amounts of fluids before bed.

*   **Medications:**

    *   Certain medications can interfere with sleep. Discuss any medications you are taking with your doctor.
    *   Do not self-medicate with over-the-counter or prescription sleep aids without consulting a healthcare professional.

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* **[illegible] (Naloxone)**
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* **findahelpline.com**
* **Recovery Kernel**

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